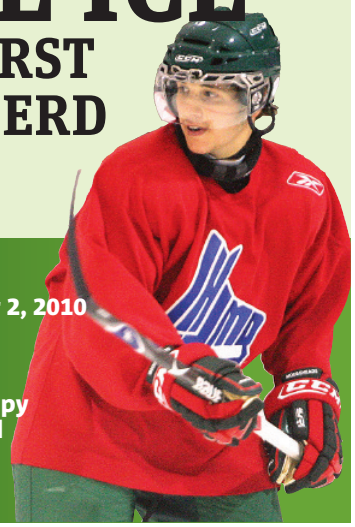


THE FASHION WORLD'S *OTHER* ANNA
MEET THE EDITOR OF JAPANESE VOGUE {page 18}

APPLE'S NANO GETS TOUCHY-FEELY
BUTTON-FREE DEVICE UNVEILED {page 10}



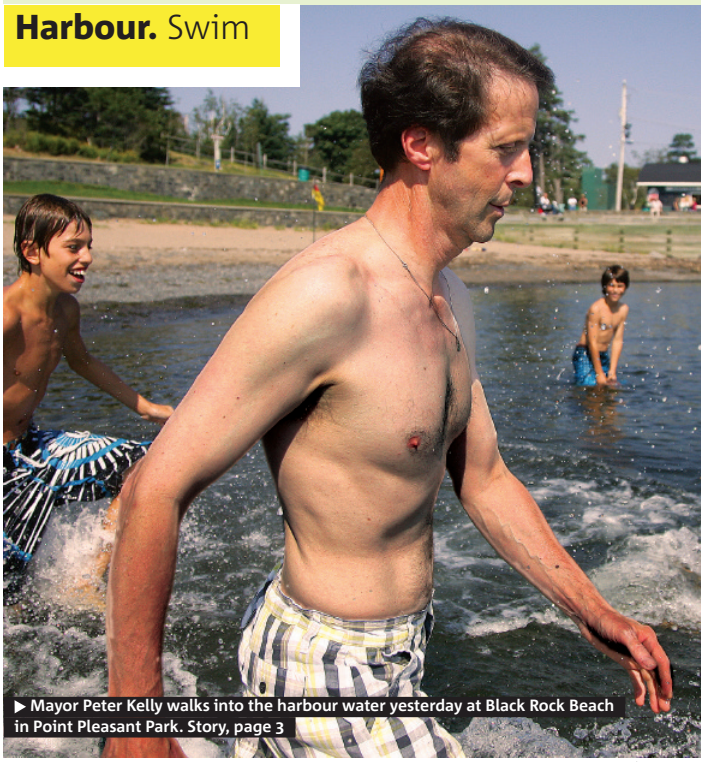
HIT THE ICE
FRK ENJOYS FIRST SKATE WITH HERD
SPORTS {page 21}



HALIFAX metro®
Thursday, September 2, 2010
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Harbour. Swim



▶ Mayor Peter Kelly walks into the harbour water yesterday at Black Rock Beach in Point Pleasant Park. Story, page 3

RYAN TAPLIN/METRO HALIFAX

Wade on in, the water's fine

Kelly made good on a promise to swim in the harbour to show residents the water is clean and safe. He was in the water for about five minutes and was joined by several people.

Police kill TV hostage taker

3 Discovery Channel employees able to escape {page 8}

Canadian gives Venus a scare

Rebecca Marino puts up a fight before U.S. Open loss {page 22}

Nova Scotia braces for hurricane

Days away from province, forecasters are predicting a hurricane with about 140 km/h winds ◐ High waves to arrive today ◐ Hurricane warnings, watches issued for North Carolina, Virginia and Delaware



JENNIFER TAPLIN
@METRONEWS.CA

There's a 50-50 chance Earl will still be a hurricane when it slams into Nova Scotia tomorrow night or Saturday morning.

There's also a five to 10 per cent chance Earl could still be whipping winds of 154 to 177 km/h as a Category 2 storm.

"This is definitely a storm that has the potential to be problematic," said Chris Fogarty with the Canadian Hurricane Centre in Dartmouth.

Storms of this size cause power outages, tree damage, and possible flooding, he added.

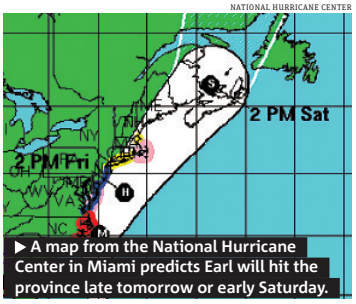
It's most likely Yarmouth will be hit first. Fogarty said they are predicting landfall at 9 a.m., but hurricanes are known to be early. Its current track puts Earl directly over Nova Scotia and New Brunswick.

Sea surface temperatures are running warm this year (about two degrees higher than when hurricane Juan struck in 2003), which is a factor if the storm travels over these warm waters, Fogarty said. The timing of the tide also plays a critical role in the storm's intensity.

"The likelihood of it retaining more hurricane tropical structure is higher than usual (due to water temperatures)," he said.

Mayor Peter Kelly said the municipality is preparing for Earl's arrival."We have our crews standing by for trees, we have the water crews and the street staff in place," he said yesterday. "We encourage people to get prepared just in case."

NATIONAL HURRICANE CENTER



▶ A map from the National Hurricane Center in Miami predicts Earl will hit the province late tomorrow or early Saturday.

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RYAN TAPLIN/METRO HALIFAX



▶ Mayor Peter Kelly splashes in the water yesterday at Black Rock beach.

Mayor dips into clean water issue

Kelly takes first public swim in harbour in two years ◐ Hot and humid weather makes dip a pleasant one ◐ Some still reluctant to go swimming in the once-polluted harbour



JENNIFER TAPLIN
@METRONEWS.CA

To claps and cheers of "Go Peter!" Mayor Peter Kelly splashed into the harbour waters at Black Rock Beach yesterday.

Like a president out for a jog, Kelly led a swim of about a dozen people to prove the water is clean and safe. His promised swim finally happened on the last day of the extended lifeguard season, but better late than never.

"It's the last day before the kids go back to school, it's a beautiful day and it's going to hit 33 C and there's no better place to be than in the cool harbour," he told reporters after his dip.

While he hopes more people will go swimming at the two harbour beaches next summer, Kelly said it will take some time to build confidence.

"It will take time to show people confidence in our responsibilities, in our process, and in our overall project and that I can't change. The fact is it's swimmable, it's clean and OK to do."
MAYOR PETER KELLY

"I hope today shows a sign of confidence, but I also hope they come down on their own and explore on their own that it's a great place," he said.

Danielle Lawler of Lower Sackville is still reluctant. She watched her father swim with the mayor yesterday.

"I guess since they're all out there it can't be that bad. Maybe in the future when more people have gone in it might help," she said.

Julie Singer of Halifax said she has no problem with the water.

"I wouldn't bring my niece and nephew here and let them swim if I thought there was a problem," she said.

"I think a lot of people who are stuck in their ways won't go in."

Jailed man taken to hospital

A 47-year-old Dartmouth man is in hospital after he was found unresponsive in a jail cell yesterday.

Police are not releasing the man's name. He was arrested without incident at 2:40 p.m. Tuesday for breaching conditions of a no-contact court order.

"He was brought back and placed into cells and there was a medical concern that was brought to our attention," said Const. Brian Palmeter with Halifax Regional Police. "He was brought to the hospital and released back into our custody at about 6:38 p.m."

Not an injury

▶ Const. Brian Palmeter said the condition wasn't an injury — self-inflicted or otherwise.

A guard was doing a regular check at 2:30 a.m. when the man was found.

"EHS was requested and first aid was administered and he was taken to the hospital where he remains. His condition is considered life-threatening."

JENNIFER TAPLIN

News in brief

Warrant issued for man

CRIME. Halifax Regional Police have issued a countrywide warrant for a 20-year-old wanted in connection with a Clayton Park assault last month. Police are looking for Antron Corey Dann, 20.



Dann has no fixed address, but was last known to be in Montreal. On Aug. 16, police found a 37-year-old man suffering with severe head injuries in his apartment on Willett Street. Dann is considered armed and dangerous, and police are advising the public to contact police on sight.

METRO HALIFAX

1 news

News on the move

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3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

Liberals set the stage for fall grudge match with Stephen Harper. Video at metronews.ca/canada

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ScanLife

Survivors of entrapment have words of advice for trapped Chilean miners. Scan code for story.

When does the heat become dangerous?

Yesterday was third consecutive day of record-breaking heat ◗ Today expected to be the fourth ◗ Forecasted to hit 32 C ◗ Record is 30 C in 1952

RYAN TAPLIN/METRO HALIFAX



▶ Armando Cavero and his seven-year-old son Mateo enjoy the hot weather as they fish at Dingle Park yesterday. The Caveros just moved to Halifax from Argentina six months ago.

ALEX BOUTILIER
@METRONEWS.CA

The unseasonably high temperatures inflicted on Nova Scotians over the last few days prompted the province's chief public health officer to issue a warning about heat-related health issues.

Dr. Robert Strang told reporters yesterday that once the humidex — the combined heat and humidity rating — hits 40 C, hospitals tend to see more heat-related complications such as heat stroke and dehydration.

Some basic prevention tips — including staying in cooler areas when possible, drinking liquids and avoiding strenuous behaviour — are "common sense," he said.

Yesterday's heat broke a record in Halifax for the third consecutive day, hitting 34 C. With humidity, it felt like 42 C.

He said while the high 30s may cause discomfort, temperatures less than 40 C don't typically cause serious health concerns.

"It really is about 40 that you start to see some impact," he said

He added that 45 C is the point at which the heat becomes a very serious issue.

He wasn't aware, however, of any increases in hospitalization due to the heat.

"We don't have a robust system for tracking that," he said.

"Typically, we know that if there's long periods of excessive heat ... you do get excessive hospitalizations and even deaths.

"But there's nothing to indicate we're seeing that in Nova Scotia."

Museum closed

The latest victim of the unseasonably high temperatures is the Nova Scotia Museum of Natural History, which was forced to shut its doors yesterday. According to the Department of Tourism, Culture and Heritage, the museum does not have a ventilation system that can cope with the temperatures. The museum is expected to open its doors again today.

The heat is no excuse — school's back in session today

Sorry kids, there's no getting out of the first day of school because of this heat and humidity.

Halifax Regional School Board spokesman Doug Hadley said yesterday they have been receiving "lots of calls" from parents about whether it's safe to send their kids back to school in this hot weather.

"School is on. No question whatsoever," he declared yesterday. "The advice we got back from the Department of Education is while uncomfortable, (the heat) isn't a risk to students."

Tens of thousands of students in HRM are returning to class today.

Hadley said most won't have air conditioning, as only a few of the newer buildings — like Halifax West High School — have air conditioning.

For those schools without, Hadley advises students take proper precautions, such as staying hydrated and keeping in shaded areas when outdoors. ● PHILIP CROUCHER

51,000
The number of students returning to school today within the Halifax Regional School Board.

JAIL DISTURBANCE

Seventeen men face charges

Halifax Regional Police say 17 men face charges following a disturbance at the Central Nova Scotia Correctional Facility in June.

The men, ranging in age from 19 to 51, face mischief charges.

Police say 13 of the men have been located and dealt with, while four who have since been released from custody are yet to be found.

The jail in Burnside was locked down after two incidents occurred 30 minutes apart June 15.

In one incident an inmate was stabbed; he was later treated and released from hospital.

In the second, a group of 17 inmates damaged jail property after refusing to leave a common area and return to their cells.

THE CANADIAN PRESS

Woman, 20, dies in wreck

A 20-year-old woman from Prospect Bay is dead after a single-vehicle crash near Debert this week.

RCMP say Amy Elizabeth Osmond, 20, was in a car travelling westbound on Highway 104 Tuesday when it went out of control just before the Debert off-ramp, fishtailed into the median and rolled several times.

Two passengers, a 20-year-old Prospect Bay woman and a 21-year-old Halifax man, were thrown from the vehicle.

Inexperience

RCMP believe driver inexperience was a contributing factor in the crash.

Both were taken to hospital in Truro and later transferred to Halifax, where the woman died from head and chest injuries. The driver of the car and another passenger were wearing their seatbelts and received only minor injuries.

THE CANADIAN PRESS

Burning ban in HRM

The HRM is banning all open-air burning due to the hot weather. Natural Resources suspended all burning permits and isn't issuing new ones until there is significant rainfall. Approved outdoor wood-burning appliances are OK if used in accordance with safety rules. ● METRO HALIFAX

Missing girl turns up

Police say a missing 15-year-old Dartmouth teen they asked for the public's help in locating was found late yesterday.

Katelyn Nicks had been last seen Aug. 19 at about 8 p.m. Police didn't believe she had met with foul play.

● METRO HALIFAX

News in brief

Search goes on in Dartmouth

CHARGES. Police expect to continue executing a search warrant at 51 Weyburn Dr. in Dartmouth today.

Yesterday marked the fifth straight day police were at the residence of Steven Elliott Laffin, who is in jail awaiting a September court date relating to charges including kidnapping, forcible confinement, aggravated sexual assault and death threats against a woman.

Police won't say whether the search is related to the case of a missing Halifax prostitute.

Nadine Taylor, 29, hasn't been seen or heard from since July 28.

● METRO HALIFAX

Historic deal reached

RELATIONS. An agreement that was years in the making was signed Tuesday, providing the framework for the federal and provincial governments to consult with Nova Scotia's Mi'kmaq on projects and activities.

TRURO DAILY NEWS

your 365-day forecast:
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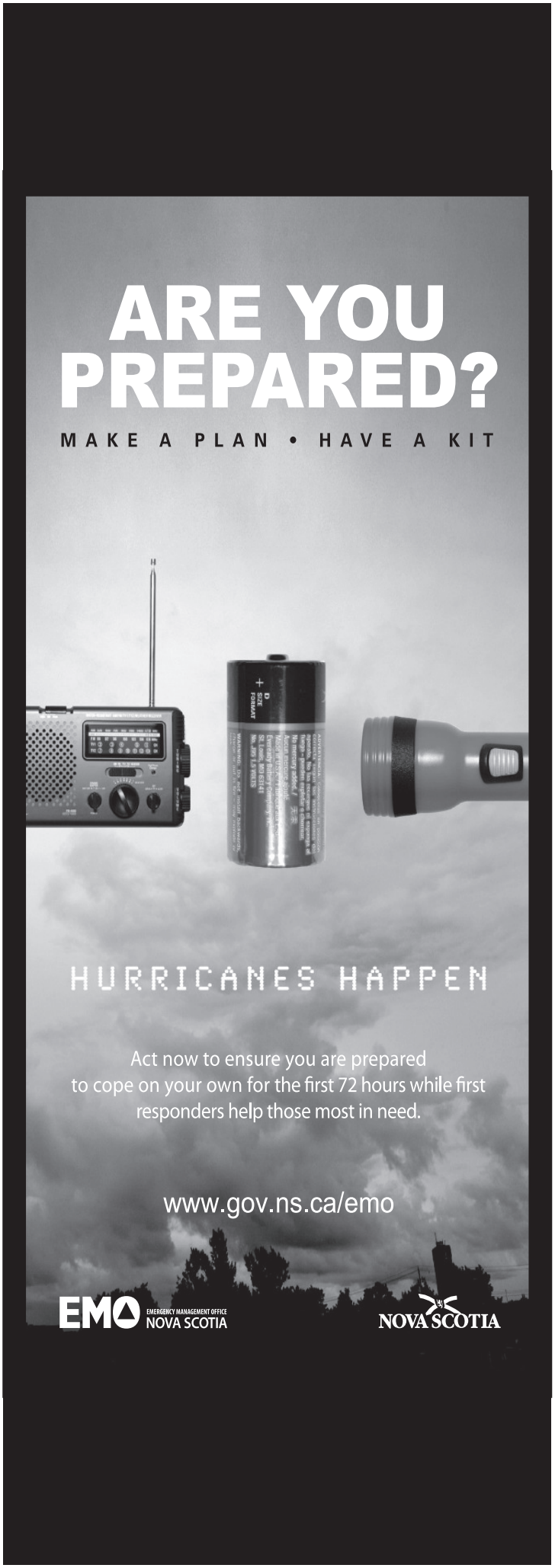


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NSGEU, sheriffs protest against cuts in hours

Concerned sheriffs, union members demonstrate in Halifax Union officials, province at table today



ALEX BOUTILIER
@METRONEWS.CA

About 20 Nova Scotia General Employees Union members and deputy sheriffs held a rally outside Halifax provincial court yesterday to protest against proposed changes to sheriffs' hours.

The rally came a day before NSGEU president Joan Jessome meets with the province to discuss proposed changes in sheriff staffing.

Jessome said she doesn't know what the outcome of the talks will be, but she hopes the province will agree to a practice she called "smoothing" — where employees have a set number of workdays within an extended time period, with flexibility from week to week as to how many days they work.

"I've been cut down to ... 17 hours a week. No person can live off that ... You've got to think of your family and your children first, and if that means I have to move on, that's what I have to do."
DUSTIN RIOUX, DEPUTY SHERIFF IN TRURO

RYAN TAPLIN/METRO HALIFAX



▶ Nova Scotia Government and General Employees Union members protest outside the Halifax provincial courthouse yesterday.

Under such a system, sheriffs could be guaranteed four days a week, work five, and work only three the following week to balance their hours.

"Over a two-week period, they've worked their (guaranteed hours) or it could be spread over a four-week period," she said.

That is one possible way of allaying the Department of Justice's concerns about ebb and flow in the demand for deputy sheriffs.

Justice Minister Ross Landry told reporters last week the number of sheriffs required on any given day depends on the daily risk assessment at individual courts.

DARTMOUTH

Blaze suspicious: Police

Halifax Regional Police say a fire that forced 30 people to flee their apartments in a Dartmouth building early yesterday morning is believed to be suspicious.

No one was hurt in the blaze that broke out shortly before 1 a.m. at 88 Queen St., but police spokesman Const. Brian Palmeter said based on preliminary investigation the cause of the fire is "deemed suspicious."

The fire began and was contained to a second-floor living room apartment. The fire gutted that one apartment and caused extensive smoke and water damage to some others.

The Canadian Red Cross says emergency motel accommodations were provided for nine tenants. METRO HALIFAX

Vehicle hits, kills bear

A bear was killed Tuesday morning after being struck by a motor vehicle on the Trans-Canada Highway.

A motor vehicle had struck a bear near the Fenwick overpass, resulting in the bear's death. Both the RCMP and Department of Natural Resources were dispatched.

AMHERST DAILY NEWS

Cops led on two separate car chases

Halifax Regional Police was involved in two separate vehicle pursuits on Tuesday night.

The first happened around 9 p.m. on Atlantic and Pleasant streets in Dartmouth. Police say a driver refused to stop in relation to a property-damage investigation. The vehicle eventually pulled over and the 61-year-old driver is now facing charges including impaired driving and resisting arrest.

Four hours later, a patrol unit was conducting a traffic stop around Bayers Road when officers noticed what looked like drugs in the back seat of the pulled-over vehicle.

The 20-year-old driver then sped away, police allege, and was pursued to Romans Avenue, where the driver fled on foot and was eventually arrested and charged.

METRO HALIFAX

Accident snarls traffic

A noontime accident on the Armdale roundabout snarled traffic for more than an hour yesterday. The two-vehicle accident caused significant tie-ups, specifically on Herring Cove Road. In fact, police needed to stop traffic on a portion of Herring Cove Road for about a half an hour. METRO HALIFAX

Province issues algae warning

The province is advising residents of Inverness County to take precautions as possible algae bloom has appeared on Lake Ainslie.

The province says toxins produced by some algae can affect health and that people should not drink the water or use it to prepare or cook food, or to brush teeth. METRO HALIFAX

Fringe festival a grab bag of fun

- New shows from Canada, New York and California
- Festival described as 'accessible and affordable'



PHILIP CROUCHER
@METRONEWS.CA

Who doesn't remember surprise bags — all that anticipation of opening them to see the contents inside?

Natasha MacLellan, who co-stars in the Halifax play Naked, uses these much-enjoyed kid bags as a way of describing the popular Atlantic Fringe Festival.

She says the festival is full of theatre performances most know nothing about — until they take to the stage.

"There's a chance to be delighted about something you know very little about," she said at yesterday's festival launch at Paragon Theatre.

PHILIP CROUCHER/THE CANADIAN PRESS



▶ Natasha MacLellan, left, and Lisa Rose Snow perform a scene from Naked yesterday at the media launch for the Atlantic Fringe Festival.

"Fringe is known as a way to try something," she also said. "It's wanting to try something a little different."

Different is what people can expect over the next 11 days as the 20th edition of the festival runs today through Sept. 12 at five different venues around Halifax.

"There's no B.S.," Ken Pinto says about the festival he's organized since its inception. "It's a real festival. It's a people thing."

Naked, which co-stars Lisa Rose Snow and is presented by Halifax's Forerunner Playwrights Theatre, is being performed 11 times during the festival, including tonight at 7:40 p.m. at Plutonium Playhouse.

Snow, who wrote the 20-minute piece, admits she's "a little bit stressful" about tonight's debut, but also looking forward to it.

Fringe fest facts

- 11 days
- 230 performances
- 32 shows
- 5 different venues
- For complete details, visit atlanticfringe.ca



Hostage taker killed by police

None of the 1,900 who work in building were hurt

A man who railed against the Discovery Channel's environmental programming for years burst into the company's headquarters in Maryland with at least one explosive device strapped to his body yesterday and took three people hostage at gunpoint before police shot him to death, officials said.

The hostages were unhurt after the four-hour standoff.

Montgomery County police Chief Thomas Manger said tactical officers moved in after officers monitoring James J. Lee on security cameras saw him pull out a handgun and point it at a hostage.

An explosive device on the gunman's body detonated when police shot him, Manger said. Police were trying to determine whether two boxes and two backpacks the gunman had also contained explosives.

A law enforcement official speaking on condition of anonymity because the investigation was ongoing said officials had identified Lee as the likely suspect.

NBC News reported that after its producers called Discovery's general number, a man identifying himself as James J. Lee got on the phone and said he had a gun and several bombs.

THE ASSOCIATED PRESS

Pakistan. Bombing



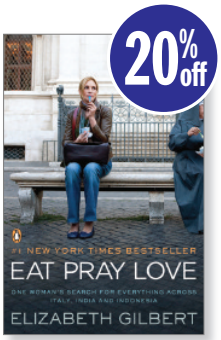
▶ A man reacts to explosions as protesters burn vehicles yesterday in Lahore, Pakistan.

K.M.CHAUDARY/THE ASSOCIATED PRESS

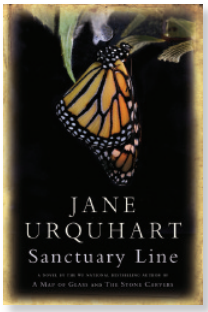
Suicide bombers kill 25 in Pakistan

Three suicide bombs ripped through a Shiite Muslim religious procession in the eastern Pakistani city of Lahore yesterday, killing 25 people and wounding about 150 others, officials said.

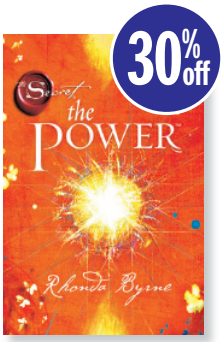
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for the Long Weekend



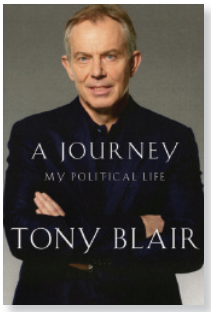
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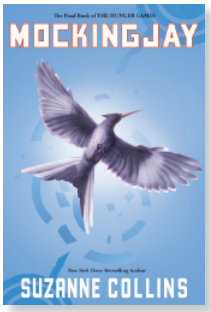
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Birthday. Krishna



▶ Children dressed as Krishna look on yesterday during festivities in Mumbai, India.

RAJANISH KAKADE/THE ASSOCIATED PRESS

A birthday celebration fit for a god

The festival Janmashtami, which always falls between mid-August and mid-September, marks the birth of the Hindu god Krishna.

Judge caught in sex scandal may be found unfit

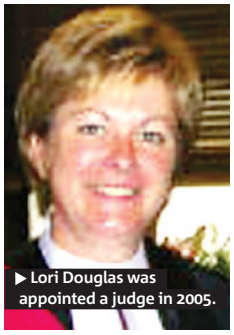
Judge opted to be removed from bench while review is being done Will remain in administrative capacity

Can a judge continue to sit on the bench after it comes to light she was photographed in raunchy, sexually explicit poses that her husband posted to a porn website?

The Canadian Judicial Council is grappling with that question as it considers the case of Lori Douglas, an associate chief justice in Manitoba's Court of Queen's Bench, who this week saw public disclosure of her sexual activity from seven years ago — two years before she was appointed to the bench.

The complaint involves a man named Alexander Chapman, who alleges that Douglas' husband, lawyer Jack King, showed him sexually explicit photos of Douglas in 2003 and tried to convince him to have sex with her.

PHOTO COURTESY OF CBC



▶ Lori Douglas was appointed a judge in 2005.

At the time, Douglas and King were lawyers at the same firm, and King had handled Chapman's divorce, said King's lawyer Bill Gange. King was suffering from depression, Gange said, and was acting without his wife's knowledge.

But the photos spread far beyond the couple's home. Chapman told the CBC this week some of the pictures depicted Douglas in bondage and were posted on a pornographic website. Gange has said Douglas did not know the pictures were being posted online by her husband.

Some legal experts think the explicit material means Douglas cannot continue as a judge. THE CANADIAN PRESS

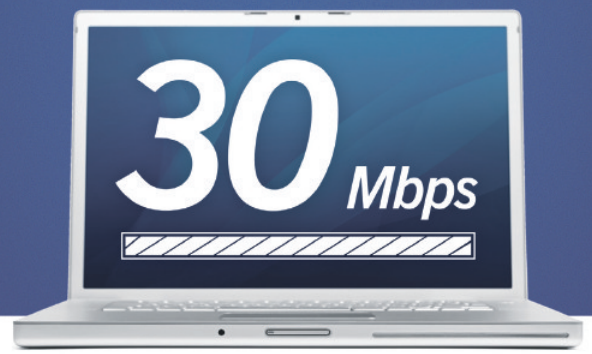
17 A jury found the Boy Scouts negligent for allowing a former assistant scoutmaster to associate with Scouts after he admitted that he had molested 17 boys.

Scout suit settled

Six men who alleged they were sexually abused by an Oregon Boy Scouts leader in the 1980s have settled their lawsuits against the group's national organization for undisclosed amounts, the plaintiffs' attorney said yesterday.

THE ASSOCIATED PRESS

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Has Jobs buttoned up another iPod winner?

Apple chief's latest offering has a touch screen, but no buttons

PAUL SAKUMA/THE ASSOCIATED PRESS



▶ Steve Jobs displays the new Apple TV in San Francisco yesterday.

Apple Inc. CEO Steve Jobs announced a new line of iPods yesterday, including a Nano model that has a touch screen and lacks buttons.

Like previous versions, the Nano has a built-in FM tuner and can display photos.

But instead of buttons, controls for playing, pausing and selecting music are right on the screen.

It will cost $149 US for the 8 gigabyte version and $179 for 16 gigabytes.

Canadians will be able to buy the new products announced yesterday by Apple but as usual, they'll cost a little more north of the border.

In a refresh to the iPod Touch, Apple is adding video-chat features similar to the newest iPhone.

It has a front-facing camera for conducting video chats with other iPod Touch and iPhone users over Wi-Fi using Apple's FaceTime program.

A camera on the back can be used for taking snapshots and recording video. Prices range from $229 to $399.

Jobs also introduced a new iPod Shuffle, the lowest-end music player in Apple's line.

THE ASSOCIATED PRESS

ADVERTISING

Rogers, Warner in video link

Rogers Media will partner with Warner Music Canada to sell ads around Warner's music video content across a variety of digital platforms.

Rogers Digital Media said it will exclusively represent Warner Music Canada's music video content, including Warner's online video distribution channels.

"Along with our other investments in premium digital video content, this partnership ... will enable Rogers Digital Media to offer even more premium video content to advertisers," said Claude Galipeau, senior VP and general manager of Rogers Digital Media.

Rogers also said it will develop custom programs and sponsorships.

THE CANADIAN PRESS

Like a sale with your burger?

A private equity firm has denied it's in talks to acquire Burger King Holdings Inc.

The Wall Street Journal linked 3i Group PLC to the second-largest hamburger chain after McDonald's. The paper said the British private-equity firm was among interested parties.

THE ASSOCIATED PRESS

Amazon eyes films online

Amazon.com is talking with major media companies about offering unlimited views of older TV shows and movies online.

It's an attempt to stay relevant as consumers flock to Apple Inc.'s iTunes a la carte store and Netflix Inc.'s all-you-can-eat subscription plan.

THE ASSOCIATED PRESS

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NEWSPAPERS: NOT JUST FOR READING

He says ...

JOHN MAZEROLLE



It does my heart good to know the newspaper industry will survive tough times as long as people keep having moving days.

You might not read this column, but some day my head shot will be protecting your wine glasses. I'm just happy to be making a difference.

This is moving season, of course. Yesterday was the most popular moving day of the year, according to the article wrapped around my dinner plates. And I took part.

Moving is an event that teaches you important things.

Lesson No. 1: One moral I take away when I change addresses is that — write this down — I'm a filthy liar. I always tell people that I own next to nothing and I have even come to believe it.

Yet, when I pack I find myself standing next to a stack of boxes that brings to mind the final shot of Raiders Of The Lost Ark.

Like most North Americans, I have become so adept at accumulating crap that I don't even notice.

I get confused because I use so little of it. For instance, my kitchen is filled with at least a dozen mysterious cooking utensils. They might also be sex toys or CIA weapons of death. I have no idea what they do, so I can't be sure.

"This is moving season, of course. Yesterday was the most popular moving day of the year, according to the article wrapped around my dinner plates. And I took part."

Lesson No. 2: Getting friends to help you move is harder than convincing people to go on suicide missions. I should get anybody who agrees to record a chilling on-camera message.

"I commit to this glorious move in the name of the Heineken I have been promised, blessings be upon it."

And because it's so hard to convince people to help I always respond with a disproportionate amount of gratefulness, as if they had offered me a kidney.

Lesson No. 3: Being a bachelor has its advantages. I know people who pack everything carefully, categorize the contents, and mark where the box is to be placed, down to the Google Map co-ordinates. Adding eight hours to the packing process makes it "easier."

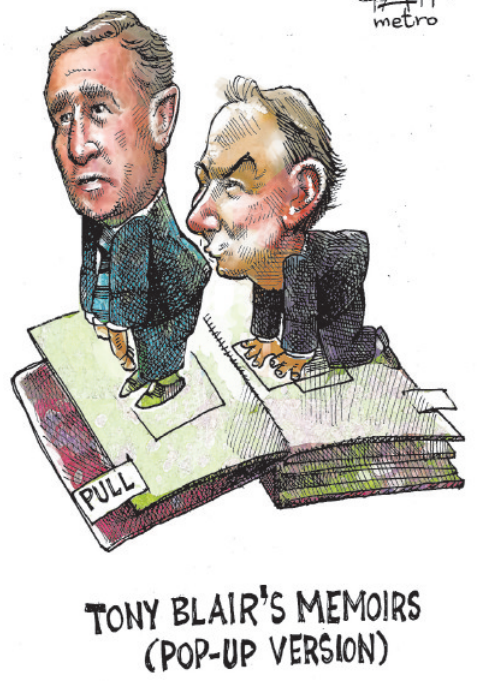
I just put everything into boxes as quickly as possible. No point writing, "Kitchen, southwest corner" when the box contains a Tupperware bowl, a plug that belongs to something, three golf balls and a bag of microwave popcorn.

I was careful, however, to pack with as much newspaper as possible. I believe in the future of this business.

Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

MICHAEL DE ADDER



Iron Age gems unearthed

Worth mentioning

Artifacts

NADER DAOUD/THE ASSOCIATED PRESS



Archaeologists in Jordan have unearthed a 3,000-year-old Iron Age temple with a trove of figurines of ancient deities and circular clay vessels used for religious rituals, officials said yesterday.

The head of the Jordanian Antiquities Department, Ziad al-Saad, said the sanctuary dates to the eighth century BC and was discovered at Khirbat 'Ataroz, some 32 kilometres southwest of the capital Amman.

He said the complex boasts a main room that measures 388 square feet, as well as two antechambers and an open courtyard. The sanctuary and its artifacts — hewn from limestone and basalt or moulded from clay and bronze — show the complex religious rituals of Jordan's ancient biblical Moabite kingdom, according to al-Saad.

The Moabites, whose kingdom ran along present-day Jordan's mountainous eastern shore of the Dead Sea, were closely related to the Israelites, although the two were in frequent conflict. The Babylonians eventually conquered the Moabites in 582 BC.

Archaeologists also unearthed some 300 pots, figurines of deities and sacred vessels used for worship at the site. Al-Saad said it was rare to discover so many Iron Age items in one place. THE ASSOCIATED PRESS

What is your quirkiest habit?

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Metro Minute at Hopscotch

RYAN TAPLIN/METRO HALIFAX



▶ Check out the hip-hop Hopscotch festival.

That pounding beat you will hear downtown this weekend is coming from Hopscotch, the city's first festival celebrating all aspects of hip-hop culture.

There will be b-boy dancing, MC and DJ music and graffiti art.

It kicks off Saturday with a show at the Paragon Theatre called New York to Halifax. It will feature New York hip-hop legends Pete Rock, Large Professor and Juju from the Beatnuts.

Over next week you can check out the DJ Olympics or the Concrete Canvas, which is a 100-foot wall that will feature the work of graffiti artists.

Classified will appear in concert on the Grand Parade Sept. 11.

METRO HALIFAX

2 scene


▶ Justin Long stars alongside his real-life former girlfriend Drew Barrymore in the new romantic comedy Going the Distance.

Justin Long really goes the distance

Actor opens up about working with former girlfriend Drew Barrymore
And the joy of improvising many of the scenes in latest comedy

NED EHRBAR
SCENE@METRONEWS.CA

For Going the Distance, Justin Long took on two new tasks: Starring in a romantic comedy and acting alongside former girlfriend Drew Barrymore.

How was working with Drew?
Amazing. She's so smart and funny. It's daunting because she's so accomplished, specifically within this genre of movies. This is really my first lead role in a romantic movie like this, and I couldn't have asked for a better partner.

Was there anything you were nervous about going into it with her?
I knew her very well, but when you don't know somebody in a professional capacity, you don't know what's going to come out. I'm proud to report that she was lovely with everyone.

Were you daunted by the amount of improvisation in the movie?
I'm really comfortable doing improv. It's something I've been doing since I started. I would say about 50 per cent of the movie was improvised.

While promoting the movie, you and co-stars Jason Sudeikis and Charlie Day appeared on WCW's Monday Night Raw, right?
Yeah. In no way am I being self-deprecating when I say that was a disaster. It was not the audience to be promoting a movie like that to. We were so out of place. They're all fired up to see guys pummeling each other, not to see three nerdy comedy guys do some bits.

So, what to do?

We asked Long how he handled such an awkward situation and here's what he said:

▶ "You just commit to it as best you can. We were in LA at the Staples Center and the only time we really had the audience on our side was when we were praising the Lakers. Before that I think the (they) were contemplating throwing things at us."

In brief



Shia LaBeouf is apparently a smart bet for studios. The Transformers star has topped Forbes magazine's new list of Hollywood's best "bang for your buck" actors. For every dollar LaBeouf has made, his employers have earned an average of $81, according to the magazine. Anne Hathaway came in at No. 2, helping studios earn $64 for each dollar they pay her, and Daniel Radcliffe was No. 3, with $61 per dollar for the studio.
METRO

ScanLife

ID of The Stig, driver on Brit show Top Gear, is unveiled after court refuses injunction.

Clooney, Paltrow among stars in cancer telethon

George Clooney, Will Smith and Gwyneth Paltrow will join an impressive list of stars taking part in September's Stand Up to Cancer telethon airing on major networks.

Other celebrities announced yesterday include Denzel Washington, Renee Zellweger, Kathy Bates and Richard Branson.

Performers will include Green Day's Billie Joe Armstrong, Neil Diamond, The Edge, Herbie Hancock, Lady Antebellum and Leona Lewis as well as previously announced Queen Latifah, Martina McBride and Stevie Wonder.

Clooney, in particular, is a fundraising heavyweight. At Sunday's Emmy Awards, he accepted the Bob Hope Humanitarian Award for efforts on behalf of victims of this year's earthquake in Haiti, the 2004 tsunami in Indonesia and the Sept. 11 attacks.


▶ George Clooney

Stand Up to Cancer is aimed at raising money to speed up innovative cancer research, according to Spiderman movie producer Laura Ziskin — herself a cancer survivor and co-founder of the Stand Up to Cancer group.

The telethon is returning after the 2008 event helped deliver more than $100 million for research.
THE ASSOCIATED PRESS

The simulcast

Aside from ABC, CBS, Fox and NBC, these cable chanels will also simulcast the event from 8 p.m. to 9 p.m. on Sept. 10:

▶ Bio, Discovery Health, E!, G4, HBO, HBO Latino, MLB Network, mun2, Showtime and Smithsonian Channe.

Album reviews A classic ●●●●● | Buy it ●●●● | Get the single ●●● | Borrow it ●● | Don't bother ●



Disturbed stays safe with new offering

Disturbed
Album: Asylum
Label: Reprise
●●

One step forward, two steps back. Few people haven't felt this ages-old adage apply to their lives. It represents one's frustrated sentiments when efforts to prevail are thwarted by our own inherent tendencies bringing us back to square one. Unsurprisingly, such is the case with Chicago-based heavy rockers Disturbed on fifth outing Asylum.

They claim the album endeavours to expand outside their stifling box of prefabricated basic riffs swarming around sugary, radio-friendly vocals and production values equivalent to bathing in perfume — overkill, as it were. However, the album's 13 tracks are just that: yet another bout of affectation encasing reality. In essence, that means a lot of posturing under the "We're an angry metal band," banner while their inherent "We're a predictable pop band with crunchy guitars," basic instincts unavoidably consumes the affair.

Abounding in overtly predictable, uninspired Neanderthal-ish chug riffs supporting undeniably catchy vocals, rock-by-numbers songs such as The Infection, Serpentine and a borderline rap/metal title track struggle to seem avant-garde but remain decidedly lowest common denominator. One gets the impression that while Disturbed paid lip-service to some sort of stylistic advancement with Asylum, the real axiom should read: "It ain't broke, so Disturbed didn't fix it."
Outstanding track: Sacrifice
KEITH CARMAN

Luke Doucet and the White Falcon
Album: Steel City Trawler
Label: Six Shooter/Warner
●●●●
Luke Doucet's new home in the Hammer seems to suit his gritty guitar style well. With the help of Sloan's Andrew Scott as producer, Doucet delivers an enjoyable and compelling rock record with undisguised nods to Neil Young, Keith Richard and Tom Petty. The upbeat fun of opening track Monkeys gives way to the tightening noose of The Ballad of Ian Curtis and a rocked-up cover of the Gordon Lightfoot classic Sundown.
Outstanding track: Hey Now
GRAHAM ROCKINGHAM

Land of Talk
Album: Cloak and Cipher
Label: Saddle Creek
●●●
When Land of Talk released their debut EP in 2006 many thought the trio would be the next big indie break out band. That hasn't happened yet, and it probably won't with their latest, but that's not to say it isn't any good. The new disc is a relatively soft indie pop disc, but does explode in a number of parts. The record is encapsulated in the song Swift Coin. It moves like a Broken Social Social Scene tune (the band toured with BSS, and their sound has clearly rubbed off).
Outstanding track: Swift Coin.
BRYAN BORZYKOWSKI





Hudson not looking to marry

TORSTAR NEWS SERVICES

Kate Hudson is enjoying her relationship with Muse rocker Matt Bellamy, but she's not necessarily ready to give marriage a second try.

"It's definitely not something I'm looking for. But the divorce doesn't put me off," she tells Elle magazine. "I'll just see what happens. I think a lot of times people are terrified of love and stop themselves from experiencing it. I don't ever want to get that jaded."

And the fact that Bellamy is a musician — like ex-husband Chris Robinson — definitely isn't an issue for Hudson.

"When I was with Chris, music was my life. I spent seven years on the road," she says.

METRO



▶ Kate Hudson and Muse rocker Matt Bellamy.

Ont. premier has yet to catch Bieber fever

McGuinty joins Twitter, but does not follow province's biggest star

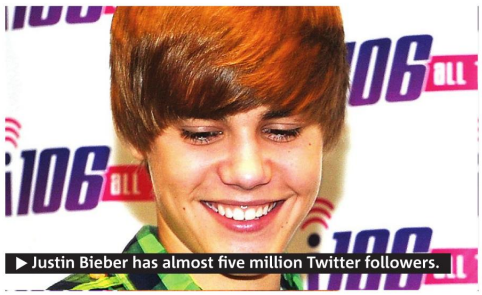
Twitter newbie Dalton McGuinty hasn't caught the Bieber fever.

Ontario's premier, who joined the social network this week, says he doesn't follow the Canadian pop phenom's Twitter feed — yet.

McGuinty jokes he's actually hoping Bieber will follow his Tweets first.

The premier has just over 1,700 followers, while the Ontario-born teen superstar has almost five million.

McGuinty, who's earned the nickname Premier Dad for his "Father Knows Best" approach to governing, appears to be trying to reach out to younger voters through his sudden embrace of Twitter.



▶ Justin Bieber has almost five million Twitter followers.

So far, he's used the account to promote government news releases, talk about full-day kindergarten and link to a photo of his family on a recent canoe trip. THE CANADIAN PRESS

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Vegas clubs may bar Paris

GETTY IMAGES

With her recent arrest for drug possession dogging her, Paris Hilton may soon find herself banned from many of the Las Vegas nightclubs that used to pay her to hang out, sources tell Hollyscoop.

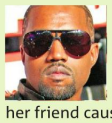
"No club located inside a casino is going to want to glamorize the fact that she's been allegedly caught with drugs three times in the last four months," a source says. "If Paris ends up serving time, I highly doubt you'll see her get another club appearance in Vegas for a long long time." Hilton reportedly has been paid up to $75,000 per appearance at clubs in the past.

METRO



▶ Paris Hilton

Celebrity tweets



Kanye West [@kanyewest] I could never be 'just' her friend cause as your friend I would want you to be with a guy like me even if it wasn't me but I don't know another me.



Jonathon Ross [@wossy] My house is filled with young people playing quite horrible music. Not squatters btw. They'd have better taste in choons I think.



Jessica Simpson [@JessicaSimpson] Going over ideas for my new Christmas record...any suggestions?



Sarah Silverman @SarahKSilverman] Hi fellas! Just so u know, hair gel, fake tans& gym-muscles are a turnoff to women of substance.

JASON DECROW/THE ASSOCIATED PRESS



▶ Dresses had been dominant for several seasons — there is appeal in an effortless uniform, after all — but pants are powerful, utilitarian and versatile, and that seems to be what women want from this style cycle

Who wears the pants?

Women's fashion putting a stamp on trousers this season — one that's all their own

Industry big wigs expect menswear styles to continue invasion of women's lines

Menswear details, including blazers, vests and button-downs, have been invading women's fashion trends for a while. Now comes the most obvious of all for fall: pants.

Dresses had been dominant for several seasons — there is appeal in an effortless uniform, after all — but pants are powerful, utilitarian and versatile, and that seems to be what women are craving this style cycle.

"I don't need to tell the girls in the room how practical pants are. A great black pant goes desk to dinner, morning to evening. It's easy and you don't have to think about it too much," says Simon Kneen, creative director at Banana Republic.

"We see pants as the next 'it' item," agrees Colin Dyne, CEO of William Rast. "The categories we're focused on for fall and going into spring are chinos, cargos, pants that utilize silk blends and other fabrications."

Bridge the Gap

Pants Gap's new black-pant collection is a reaction to consumer demand, says Lexi Tawes, vice-president of women's merchandising. People want a pair of pants that can be worn all week.

"I don't need to tell the girls in the room how practical pants are. A great black pant goes desk to dinner, morning to evening. It's easy and you don't have to think about it too much"

SIMON KNEEN, CREATIVE DIRECTOR AT BANANA REPUBLIC

And that's what's new about pants this go-around: Pretty much anything goes. There's not a specific skinny silhouette that's the must-have, nor a tailored trouser. The runways — and now the racks — have wide legs and narrow ones, high waists and low. They are all, however, relatable, not kooky concoctions meant only for the catwalk.

"There's a return to the idea of a flattering pant," says Mark Holgate, Vogue's fashion news director. "We were knee deep, no pun intended, in the world of crazy pants ... and then what happened was women wore leggings. But now the trend is coming back like the 1990s — a wonderful Helmut Lang pant that's boyish and womanly, that could be worn with a jacket shirt, evening top, heel, flat or boot."

He also sees a nod to the '70s, which Holgate calls "the great years of pants."

Susan Cernek, Glamour's senior online fashion and beauty editor, says she recently was flipping through a book of Yves Saint Laurent's archival work and had to do a triple take at the date. "There was a 1974 runway look, but it looks like so many looks from the runway this year. It was worn with a bow blouse, loose jacket and tailored trousers."

Its projects strength, Cernek says, "not because they are borrowed from the boys but because you have to be committed to this look. You literally suit up from head to toe."

THE ASSOCIATED PRESS

3 life



Problems with dark circles under your eyes? Maybe you're getting worried about those fine lines and wrinkles? Cover FX has launched EyePrepFX Anti-age Smoothing Primer to nourish, moisturize and rejuvenate the area around the eye. The formula includes Haloxyl, an anti-aging ingredient, and Eyeliss, which helps reduce puffiness. It goes for $43 for a 20 ml tube

METRO

Fashion savvy, regal poses giving Maine coon cat from Florida boost in modelling world

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MEET THE TIRELESS RACHEL ZOE

The go-to-stylist on her clothing line, reality TV show and celeb status



KENYA HUNT
STYLE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Most stylists are under-the-radar creatures who, if they work hard enough, might enjoy a certain amount of fame in the fashion blogosphere. If they're really popular, they might even get the occasional interview in a glossy magazine.

Rachel Zoe, on the other hand, has a celebrity status that has grown to Hollywood-size proportions complete with a team of handlers that rivals that of her A-list clients.

If you've watched her reality show, The Rachel Zoe Project, regularly, there's not much about the stylist's quest to turn herself into a lifestyle brand that you don't already know.

When did you attend your first fashion show?
I remember crashing a Marc Jacobs show. I was an assistant and I was determined to go. I was waiting in the standing line, which was a mile long. I remember Patrick McMullan (the famous New York social circuit photographer) actually found me outside and goes, "Who are you?" And I was like," Who are YOU?" He took my picture. He was like, "I think I'm going to be taking pictures of you for a long time." He got me into the show and I ended up getting a seat. It was the greatest show ever.

Now that you're doing so much more than styling, how do you determine which fashion weeks to go to?
I don't generally like to miss Paris. But this past season, there was no physical way for me to do Paris and Oscar week. So I went to Milan instead. Of course I could always go on Style.com and see the show, but a lot of the designers are my friends. So I really try to go to support them as well. I never miss Oscar de la Renta, Marc Jacobs, Chanel, and Calvin Klein for instance.

So do you actually consider your show a way for viewers to see how fashion works?
The goal for the show is to educate the audience. In the case of the fashion weeks, it's for them to see how each city is glamorous in its own way.

Could you ever see yourself leaving styling and not attending fashion weeks altogether?
I'm not going to lie, it's hard doing it all. But at the same time, it's also an adrenaline rush. I'm tired because I'm constantly thinking about 20 things. A big premiere, awards season, a collection for QVC, filming my show, going to the fashion shows. And I also have my Web site. But at the end of the day, it's my name on the door. I have to be extremely hands on. About a year ago, I thought I would segue out of styling. But what I've realized ... is that I can never really walk away from it.

In this age of street style blogs, do you think that celebs influence the way people dress as much as say, five years ago?
I think fashion and celebrities are constantly feeding off of one another. Celebrities influence fashion and vice versa.

Several years back, you were at the center of the size zero debate in Hollywood when people blamed you for celebrities like Lindsay Lohan and Nicole Richie looking very thin. Considering how much negative press you received, were you hesitant to do a reality show?
It was this very, very strange thing back in 2006 when that happened. At first, I was like, "Are they kidding?" These incredible women that I worked with at the time were like, "We've been going through this for years." But whatever; what they think is what they think. When I was deciding to do the show, I was petrified. I thought that this would be more material for people to hate me or make fun of me. I didn't know what would happen. To me the show was another part of my job and another part of developing my brand. And when people watched it they began to realize, 'Oh my God, she's actually really nice. She treats her team so well. She's been married to the same person for the last 12 years.' People got a chance to see me as me. Who you see on the show is exactly who I am for better or for worse. I'm not this cold fashion person.

What are your opinions of the skinny model vs. plus size model debate that has been happening in fashion for the past few seasons? Do you think that models are too thin in general?
I think Diane Von Furstenberg [president of the Council of Fashion Designers of America] is taking unbelievable measures to make sure that these young girls are healthy. As far as my involvement, people are always looking for someone to point the finger at. But more designers are casting girls who are curvy and voluptuous and clearly healthy in their shows. So the message is being sent. It's clear that measures are being taken.

What is it about weight and size that gets people so worked up?
The world is obsessed with it. It's a part of our culture. The cleanses and detoxes and weight loss products are on the TVs and in the magazines. It's all a big thing. I don't think the debate is going away anytime soon.

What will your new clothing line look like?
Everything in it will be clothing that I would wear myself. There will be incredible sportswear. But there will also be a lot of diversity, lots of clothes for everyday life. And a lot for day-to-night.

And what will the price points look like?
Definitely as low as possible.

I want to turn out incredible quality, but at a very affordable price for fashion-obsessed people. I don't think it's very fair for me to say that everyone can afford to create these looks and then give them a sweater that costs $2500.

ZOE'S FASHION MANTRAS

Words to dress by

"Don't be scared to be overdressed. What's the worst case scenario? You're the best dressed in the room."

"I love to go by, 'More is more.' I'm not a minimalist. But if you're questioning yourself and think you may have on too much, you probably do. So take something off."

"Don't be afraid to acccesorize. An outfit is nothing without accessories."

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RICHARD PECKETT
STYLE @METRONEWS.CA
METRO WORLD NEWS IN LONDON

Looking for a few additions to your wardrobe for this fall season?

Here are a few great deals:

1 CALVIN KLEIN $20
Everyman loves the Calvin Klein trunk even if they don't resemble the guys in the ad.
asos.com

2 LAVENHAM $151
Lavenham's slim fit version is a modern take on its rather boxy predecessor.
asos.com

3 MJOLK $40
Cords may be a very British staple but they do fit well into the eternally awkward smart casual category. For the approaching autumn season add a neat cuff and wear with boat shoes, brogues or loafers. topman.com

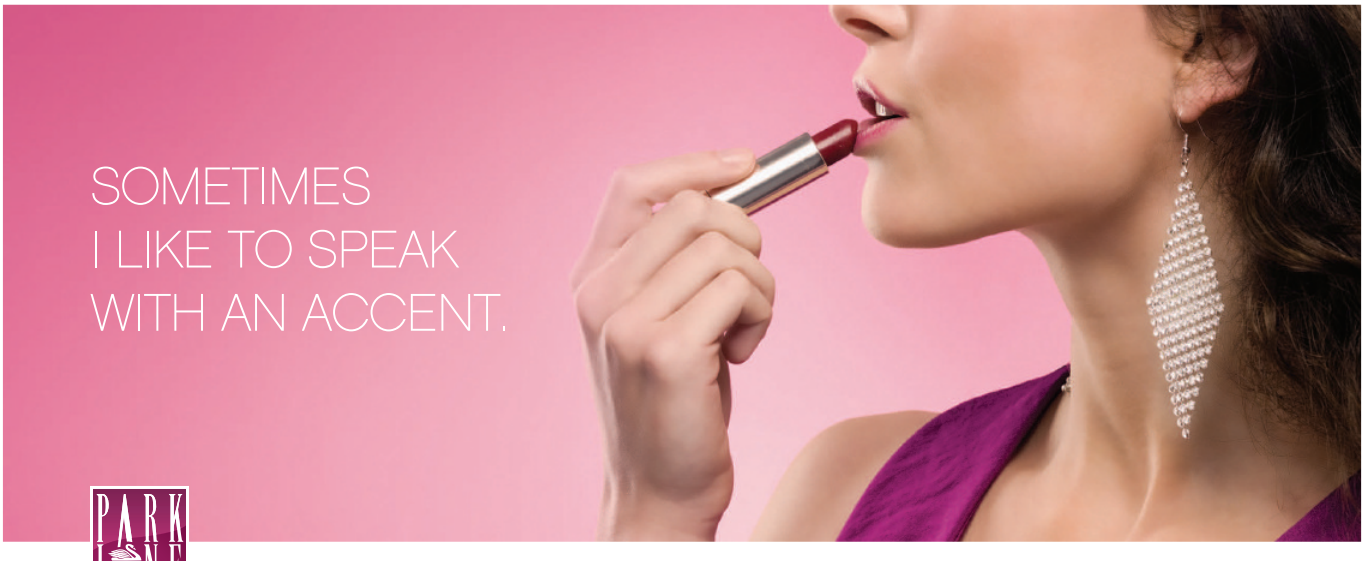
4 WOOLRICH $371
Think bearded men, hiking boots and lumberjack jackets, like this one from Woolrich.
asos.com

5 URBAN OUTFITTER $42
This natty messenger bag is ideal for carrying those manly essentials.
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‘Outfits are my job’

Italian diva Anna Dello Russo is clearly the new Angelina Jolie of the fashion world

ROMINA McGUINNESS
STYLE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

GETTING DRESSED

“Outfits are my job. I plan them one season ahead. By May, I have my September wish list. By the time the September shows arrive, I’ve come back from holiday and don’t want to cover up! I want to show off my tan and sun kissed hair. Fashion isn’t relaxed, but New York is the most urban. There you focus on a statement piece. There’s no mix and match. Milan is total freedom as I have access to my wardrobe and Paris is the place to be fashionable to the highest degree. It’s over the top and you can really push yourself. You are expected to put on an eccentric show. Walk around Place Vendome in Paris in haute couture and you’ll feel fantastic.”

THE FASHION PAPARAZZI

“I wasn’t used to the attention at first. I’ve been around for 20 years. And for the first 10, nobody noticed me. And I promise you, I wore beautiful clothes then. Photographers, paparazzi, bloggers — they just ‘happened’. Why they didn’t follow me when I was younger, I don’t know! I used to be terrified of having my picture taken but now, I get mad if I don’t. I’m like, ‘oh la la … they don’t like my outfit?!’ When you step out and there are all these people — Mamma Mia! — it’s like walking toward a sea of sharks. I relax, take it easy and play with them... you must talk to the sharks.”

THE MINUTES BEFORE THE SHOW STARTS

“Fiddling with your phone is just rude. Being at a fashion show is a bit like being in church; you have to be there and listen. I love it most when I’m seated next to Carine (Roitfeld, of Vogue Paris). She’s so funny. Whenever I’m seated next to her, I’m like, ‘Allez!’”

THE MOST COVETED TICKET

“My all-time best front row moment was getting a seat at Balenciaga. Few people get invited and the impact of the show is so much stronger from the front row as you actually get to see the silhouettes.”

TAMU McPHERSON



▶The Vogue Nippon editor in Milan

“I wasn’t used to the attention at first. I’ve been around 20 years. And for the first 10, nobody noticed me.”
ANNA DELLO RUSSO

GIVING THE ULTIMATE FASHION FACE

“Working in fashion you learn to lie. You’re an actress and must remain impassable whether you love the collection or not. Out of respect and politeness we behave like wax works from Madame Tussauds, devoid of expression or emotion. Who cares what I like? It should be about the evolution of the designer, nothing more.”



Inside Anna Dello Russo’s handbag



“I don’t carry a big bag to the shows, just a clutch. In it I carry my lipstick, my phone and a little notebook in case I need to remember something. I also carry water and almonds so that I can nibble without getting dirty. I don’t really have last minute beauty fixes.”

Dior Addict, $26, christiandior.com

Fashion pick

ASOS
$37
asos.com

ASOS Black bracelet
Channel Anna Dello Russo’s love of all things glittery and bejeweled on the cheap with this opulent, and oh-so-affordable cuff bracelet. It looks quite a bit more expensive than it’s wallet-friendly price.



THE MANY LOOKS OF ANNA DELLO RUSSO

TAMU McPHERSON



TAMU McPHERSON



TAMU McPHERSON



TAMU McPHERSON



Ikea furniture catalogue marks 60th anniversary

Looking back at old catalogues provides not only a history of interior trends, but also a mirror of society

KRISTOFFER RENGFORS
METRO WORLD NEWS

This week the 2011 Ikea catalogue hits the shelves at the retail giant's stores worldwide. The furniture catalogue celebrates its 60th anniversary in Sweden, and Ikea is also launching a social network for interior design and an application for the iPhone.

Maria Perers, curator at Nordiska museet (Sweden's main museum for cultural history) said: "This year's catalogue has a glass-door cabinet on the cover. It is interesting because we nowadays share everything about ourselves on Facebook and in blogs. So, it is a natural thing that we also display some of our most personal things in our homes."

A look back at old Ikea catalogues is not only a history of interior trends, but also a mirror of society. In the early '60s the first TV-furniture appears, in 1989 the first home computer and in the '90s recycling became a big issue.

Perers added: "It's not just about design, it really says something about how society has developed.

Evolution of a shopping icon

1951: "This is the first furniture catalogue from Ikea. Even though their thing was cheap furniture they sold copies of more exclusive furniture."

1960: "Here the TV is shown as a pair of glasses. TV came to Sweden in 1956 but now it has broken through on a wide scale. Here Ikea is for the first time teaching us how to arrange our furniture around the TV."

1970: "There are pictures of young girls lounging on a laidback sofa. The teenagers are slouching and the parents are appalled and it is clear that there is a more free, post-'60s lifestyle that is shown, where you don't sit up straight."



1985: "Here it is clear that the catalogue is meant to be more luxurious and more exclusive. The white frame has been borrowed from international fashion magazines. There is a focus on storage and everything is perfectly arranged. But nothing happens in the homes."

1989: "The first home computer appears in the catalogue. Furniture for home offices appears soon after. But this shows what an excellent mirror to society the Ikea catalogue is. You can see exactly when things like the computer and the microwave came into our homes."

2000: "Now it becomes clear how important it is for Ikea to appeal to different lifestyles. On one page in the catalogue there is a gay couple in a kitchen, and the year before there is a page devoted to how a single dad can arrange his bachelor pad so his daughter could stay every other week. It is very in tune with the times."

MARIA PERERS





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Bocconcini-Veggie Salad

Ingredients :

- 75 ml olive oil
- 45 ml lemon juice
- 15 ml Dijon mustard
- 45 ml minced fresh basil
- 45 ml grated Parmesan
- Salt and freshly ground pepper
- 2 tomatoes, quartered
- 2 yellow pepper, quartered
- 1 red onion, quartered
- 500 ml baby potatoes, cooked and halved
- 1 bunch asparagus, cut in sections and blanched
- 8 bocconcini, quartered (400 g)

Preparation:

1. Preheat barbecue to medium-high. In a large bowl, combine olive oil, lemon juice, Dijon mustard and basil. Salt and pepper to taste.
2. Brush dressing on tomato, pepper and onion then roast on grill until browned and soft, then cut into chunks.
3. Add Parmesan, potatoes, asparagus and Bocconcini to dressing. Add grilled vegetables to mixture in bowl. Toss lightly, adjust seasoning as needed and serve immediately.

THE ASSOCIATED PRESS





Pub food done right on the waterfront

If you're hankering for some bar staples, Red Stag will send you home happy and full But just don't expect much from their coffee

LUNCH RUSH

VALERIE MANSOUR
FOOD@METRONEWS.CA

Up two flights of stairs from the Red Stag Tavern is a deck that once offered a grand view of the waterfront. These days, condos and the top of a cruise ship will suffice.

Red Stag is a friendly pub with tasty pub food. I meet my friend and her mom here and since mama wants onion rings, that's what we have. They're quite light and actually not very greasy.

The lettuce in the Caesar Salad is fresh and it's well adorned with cheese and bacon bits. The Pale Ale Battered Fish and Chips are excellent. The potato wedges are hot and the fish is lightly battered and tastes fresh.

My Spicy Brewmaster Burger with mozzarella and sautéed garlic mushrooms is a treat. This burger has a bit of spice and is cooked well. We enjoy our lunch except for the awful coffee my friend's mom returns — but not exactly a tavern's beverage of choice.

VALERIE MANSOUR/FOR METRO HALIFAX



▶ The fare at Red Stag Tavern.

- **Red Stag Tavern**
- 1496 Lower Water Street
- Brewery Market
- 422-0275
- redstag.ca
- Hours of Operation: Every day 11:30 a.m. –11 p.m.
- Rating: ***
- Price range: $$
- Reservations: yes
- Client negotiations: no
- Lunch with co-workers: yes
- Social lunch: yes
- Quick solo lunch: yes
- Time in: 12:00
- Time out: 1:00
- Low $: Potato Wedges $3.99
- High $: Red Stag Striploin $23.99
- Licensed: yes



Getting physical: Just how Frk likes it

Moose's newest player doesn't mind racking up penalty minutes
Set to make Q debut on Sept. 10 in the league's season opener



MATTHEW WUEST
@METRONEWS.CA

A sheepish smile rolled over Martin Frk's face as the topic of his excessive penalty-minute totals came up.

How exactly do you end up with 184 penalty minutes in 39 games as a 15-year-old in the Czech Republic?

"I got a couple of extra minutes from the referees and that sort of pushed up my total," Frk said via a translator.

Translation of the translation? He got his fair share of misconducts from after-the-whistle "discussions" with refs.

The book on Frk is that he's the type of player who will just as soon go through you as around you.

It's a big reason why he wanted to come to North America and play for the Herd.

"I want to be a player who scores goals and passes the puck, works hard, goes to the net and plays a sort of Canadian/European style where I can play physical as well and score goals," Frk explained.

The 16-year-old hit the ice at Cole Harbour Place yesterday with five teammates, skating for the first time in almost three weeks. The Mooseheads ended a two-month transfer process on Tuesday by finally securing his release from HC Karlovy Vary.

He was rusty, as one would expect given the layoff, but he flashed his skills and ripped a number of hard shots past goalie Mathieu Corbeil.

He's excited to play his first game — the QMJHL season opener on Sept. 10 at the Metro Centre — and says the pressure he'll face as the cornerstone of Halifax's rebuilding effort is just "part of being a hockey player."

"I want to help the team as much as I can, score some goals and provide a spark," he said.

"I want to help the team succeed on the ice and get into the playoffs and go from there."

Frk facts

SAY IT LIKE THIS
It's pronounced "Ferk" not "Frick." And he prefers to be called Marty, rather than Martin.

LODGING
Frk will stay with the same billet family as two-time MVP Tomas Knotek to help ease his transition.

HELPING HAND
Jaroslav Sevcik, a fellow Czech and former Halifax Citadel who still lives here, has been brought in to help Frk adjust to the city.

RYAN TAPLIN/METRO HALIFAX



▶ Martin Frk grins during his first skate as a member of the Halifax Mooseheads yesterday at Cole Harbour Place.

Delmas stands out in Herd's 2-1 win

Peter Delmas turned in a solid game in goal and two rookies provided the offence as the Halifax Mooseheads picked up a QMJHL exhibition victory in Saint John, N.B., last night.

The 20-year-old Delmas, who is being showcased for a trade, turned aside 36 shots in the 2-1 triumph over the host Saint John Sea Dogs. It's the Mooseheads' second win in five games.

Alex Souligny and Francis Turbide, 17-year-old rookies out of the Quebec midget AAA ranks, found the net in the win, with Turbide's tally at 7:09 of the second period standing as the game-winner. The Mooseheads are back in action on Saturday at 7 p.m. at the Forum against the P.E.I. Rocket. METRO HALIFAX

RYAN TAPLIN/METRO HALIFAX



▶ Peter Delmas

Moose cut Dartmouth's MacDonald

The Halifax Mooseheads cut 18-year-old winger Bradley MacDonald yesterday.

The Dartmouth native had three goals and two assists in 27 QMJHL games last season.

The Mooseheads now have 26 players left on their pre-season roster.

METRO HALIFAX

4 sports

Sports news

Karl McCartney
The former Saint Mary's Huskies linebacker, now a Calgary Stampeders rookie, was named a finalist yesterday for the Canadian Football League's special-teams player of the week.



CHL Top Prospects
The Canadian Hockey League has announced Saint John, N.B., will be one of six host cities for the Subway Canada-Russia Super Series. The game will be played at Harbour Station on Monday, Nov. 8.

Scan code for news

Canadian gives Venus a scare

NICK LAHAM/GETTY IMAGES



▶ Rebecca Marino hits a return against Venus Williams.

Rebecca Marino takes American star to the limit in their first set

Canadian qualifier Rebecca Marino was left with mixed emotions after turning heads at the U.S. Open yesterday, giving American Venus Williams all she could handle in the first set before succumbing 7-6 (3), 6-3 to the third seed.

"It's a little disappointing but also exciting," said the 19-year-old from Vancouver. "I was super excited with the way I was able to go toe-to-toe with her.

"I'm just really happy with how I've done here. It's exceeded my expectations. I guess I can say I'm proud of myself."

Williams struggled early on a steamy, windy day before reeling off the last six points of a tiebreaker against the 179th-ranked Marino.

8 **Marino hit eight aces to Williams' four and notched 27 winners, three more than her big-name opponent.**

"Seemed like every time I had an opening she would hit a big serve," Williams said of the first set. "So I guess I know what it's like now playing myself.

"I was very impressed. She's got a good future ahead of her."

Marino had a 3-1 lead in the tiebreaker before Williams buckled down. The two-time U.S. Open champion responded with a cross-court backhand winner, followed by a forehand winner to get going and reach the third round.

THE CANADIAN PRESS

DARKO VOJINOVIC/THE ASSOCIATED PRESS



▶ New Zealand's Lindsay Tait, right, drives to the basket as he is guarded by Canada's Jermaine Anderson, a former member of the Halifax Rainmen, in Izmir, Turkey, yesterday.

Loss to New Zealand dashes Canada's hopes

Canada will make an early exit from the world basketball championship after stumbling to a fourth straight loss yesterday.

A 71-61 loss to New Zealand dropped the Canadians to the bottom of Group D with an 0-4 record. With no chance to move into the top two, Canada won't advance to the knockout round.

Canada closes out group play today against defending champion Spain.

The Canadians also lost to Lebanon, Lithuania and France earlier in the tournament.

"I feel like the last few games have taken a toll," Canadian coach Leo Rautins said. "It's like we were running in quicksand."

Canada was without one of its key players for part of the tournament as Andy Rautins, the son of Leo and one of only two NBA players on the roster, battled a bruised knee.

THE CANADIAN PRESS

15 **Jevohn Shepherd of Toronto led the Canadians with 15 points yesterday while Levon Kendall of Vancouver added seven rebounds.**

Sports in brief

Kovalchuk deal gets more time

NHL. The NHL is taking a bit more time to decide whether it will approve Ilya Kovalchuk's latest contract with the New Jersey Devils.

The league and NHL Players' Association announced yesterday that the deadline for a ruling has been extended to 5 p.m. ET on Friday.

The Devils are seeking approval on a $100-million US, 15-year contract. THE ASSOCIATED PRESS

Canada may help out TFC

SOCCER. Canadian coach Stephen Hart says he will likely excuse three Toronto FC players from the national team's soccer friendly against Honduras in Montreal next Tuesday.

Dwayne De Rosario, Julian de Guzman and Nana Attakora are expected to see action for Canada in Saturday's game against Peru. THE CANADIAN PRESS

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7 Hedley - Hands Up
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5 Nicki Manaj - Your Love
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3 Taio Cruz - Dynamite
2 Katy Perry - Teenage Dream
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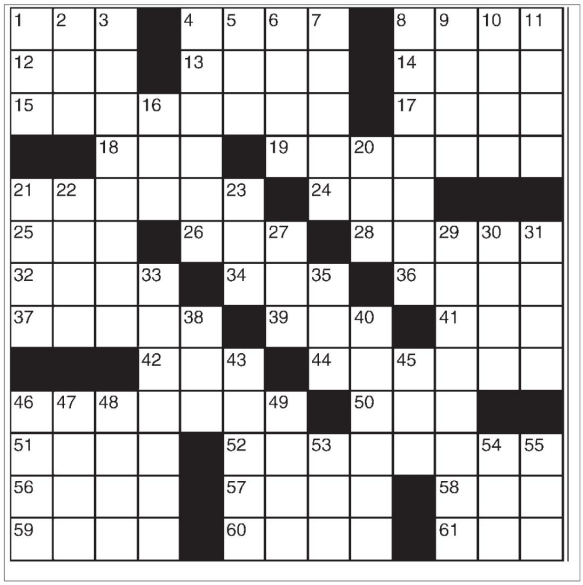
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Crossword



Across

1 "— De-Lovely"
4 Scatters seeds
8 Oxen's burden
12 Grazing area
13 Noble gas
14 Five-star review
15 Joey, e.g.
17 Finished
18 Space
19 Poisonous plant with milky juice
21 Patsies
24 Atl. state
25 Maui memento
26 Second person
28 Opera's Dame Nellie
32 Grecian vessels
34 Use a crowbar
36 Timbuktu's country
37 Hardwood tree with small nuts
39 Retriever type, for short
41 A Bobbsey twin
42 Listener
44 Importance
46 Loot
50 Wildebeest
51 Rodgers collaborator
52 Finger woe
56 Advantage
57 Vicinity
58 Festive
59 Garden intruder
60 "Cheers" order
61 Away from WSW

Down

1 Sort
2 Afternoon social
3 Blood-red
4 Quick and lively
5 "— the ramparts ..."
6 Lumber
7 Hairnet
8 Dilemma
9 Volcanic outflow
10 It takes the cake
11 Existed
16 School of whales
20 Jewel
21 Organization
22 Present
23 Bribe
27 Web address
29 Tongue
30 Just so-so
31 "— She Sweet"
33 Having an aroma
35 Deviate off course
38 Possessed
40 Mendicant
43 Curative center
45 Hostel
46 "That's a relief!"
47 Stow cargo
48 Craving
49 Exceptional
53 Born
54 Author Fleming
55 Caustic solution

▶ Yesterday's answer

U	P	S		S	O	C	K		E	L	S	E
T	A	U		T	H	A	I		M	E	E	K
A	P	E		I	M	P	L	I	C	A	T	E
H	A	Z	E	L			O	N	E			
			S	T	E	T		D	E	B	T	S
I	M	P	L	O	R	E	S		S	L	O	E
N	I	L		N	E	R	O	S		O	N	A
D	R	U	M		I	M	P	L	I	C	I	T
O	A	S	I	S		S	H	E	D			
			S	E	A			U	S	U	R	P
I	M	P	L	E	M	E	N	T		R	O	E
F	E	T	A		B	L	A	H		G	A	G
S	W	A	Y		O	O	P	S		E	M	S

Sudoku

				6		1	4	8
1	8		2	3			5	
						6		
			3					6
3	2		6		9		7	4
4					2			
		8						
	4			7	1		8	9
9	3	5		8				

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	6	5	2	8	9	7	4	3
3	7	9	1	6	4	5	8	2
8	4	2	3	7	5	9	1	6
7	2	3	5	1	8	4	6	9
5	8	1	4	9	6	2	3	7
6	9	4	7	2	3	1	5	8
2	5	7	8	3	1	6	9	4
4	3	6	9	5	2	8	7	1
9	1	8	6	4	7	3	2	5

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

ScoopDog....as we drive down the road together, your velvet voiced singing is music to my parched ears. I look forward to our next Ft. Mac. sleepover!
CHACHING

My love Nav, thank you for giving me all the beautiful memories. The time i have spent with you was the golden time of my life and i will recall it for my entire life.
YOURS FOREVER, TINGEE XX

Babycakes, You're on my mind every minute of every day. Happy 2, 275, 200
LOVIES, MICHELINS

Andybear,I love you from the beginning til end, no matter what! You are my golden sunshine in my heart, Have a nice day, I love you!
YOUR GIRL FOR LIFE
ANGELA37

The Weather Network
TWN incorporates MSC data

Today Sunny 35°/ 21°
Friday Partly cloudy 28° / 19°
Saturday Rain 100% 23°/ 15°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

The Weather Network: You have voted us #1 for best forecasts on TV. Thank you Canada!

♈ Aries March 21-April 20 It may seem as if your big chance has come and gone but it isn't true, and deep down you know it. Stop looking for excuses and start making things happen.

♉ Taurus April 21-May 21 You may be in a position to tell others what to do, but if you want to get along with them in the long-term you also need to take account of what they want to do.

♊ Gemini May 22-June 21 Your domestic situation will improve dramatically over the next few days as the Sun in Virgo – like your own sign ruled by communications planet Mercury, helps you to express yourself.

♋ Cancer June 22-July 22 The pace of life will move up a notch or two, or more, today and before you know it you will be hurtling along at speeds that are a little scary.

♌ Leo July 23-Aug.23 Life may be easy for you at the moment but don't think you can sit back and let the good things come to you. They will, of course, but you may be left with the uneasy feeling that you should have made more of your talents.

♍ Virgo Aug. 24- Sept. 22 Remind yourself that this is your time of year and that anything is possible. What will you get? That depends on what you are prepared to put in. Make the effort and you'll be rewarded.

♎ Libra Sept. 23-Oct. 23 What you think about today and tomorrow will become the mental blueprint for what you achieve when the Sun moves into your sign towards the end of the month, so keep your thoughts positive.

♏ Scorpio Oct. 24-Nov. 22 Today's cosmic alignment will bring you into contact with the right people in the right places at the right times. After that it's up to you.

♐ Sagittarius Nov. 23-Dec. 21 You don't always play by the rules, but today, and for the remainder of the week, you must play it by the book. Think of your reputation — it's the most important thing you've got.

♑ Capricorn Dec. 22-Jan. 20 Capricorn may be conservative by nature but you are willing to take the occasional risk, so long as the odds are in your favour. Don't hold back if you get a hunch of some kind today.

♒ Aquarius Jan. 21-Feb. 18 There have been a lot of upheavals in your life in recent weeks and you are not out of the woods in that regard yet. Fortunately, you view it all as a learning experience, which helps you cope.

♓ Pisces Feb. 19-March 20 The Sun in your opposite sign of Virgo restricts your ability to make your own decisions, but it's really no great hardship.

● SALLY BROMPTON

WILFREDO LEE/THE ASSOCIATED PRESS

Caption contest

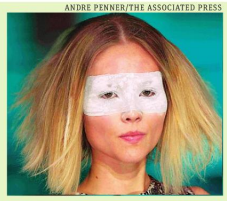


WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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